

2021
ZOOMING OUT:
MAPPING THE PATH AHEAD
OCTOBER 20 & 27



REGISTRATION

COMPASSMARK.ORG



ABOUT THE CONFERENCE

2021 CONFERENCE

This year's conference, Zooming Out: Mapping the Path Ahead, will be held over the course of two half-day sessions on October 20, 2021, from 8:30 a.m. – 12:30 p.m. and October 27, 2021, from 12:30 p.m. – 4:30 p.m.

The Positive Change conference brings together community educators, drug and alcohol professionals, social service providers and those from various other public health disciplines to examine how we can best deliver services that are informed and aligned with impacts driven by the pandemic at both the individual and community level. Attendees will have an opportunity to:

- Learn from community practitioners and educators on topics of interest.
- Network with other community practitioners, educators, and organizations.
- Earn continuing education to maintain licenses, certification, and accreditation in other practice areas.
- We invite you to join us!

HISTORY

The Lancaster County Drug & Alcohol Commission (LCDAC) began providing an addiction conference for school Student Assistance Program (SAP) teams in the late 1980s. Additionally, they coordinated an addiction Prevention Field Issues Forum in December of 1990, hosting attendees from 13 local organizations, which identified three top priorities:

- Coordination of school- and community-based programs for children from addicted families
- Increased involvement with rural/isolated groups
- Working with parents and community volunteers

This forum was so well received that they held “Part 2” in May of 1991 and invited educators and volunteer groups. For the next 20+ years they offered these two, annually. In 2005, LCDAC passed the baton to Compass Mark, which coordinated the two events until 2010 when funding cuts dictated that the two conferences be combined. A naming contest was held that year, and the winning name from a public school guidance counselor was “From Challenges to Choices: Creating Positive Change.” Nicknamed the “Positive Change Conference”, Compass Mark added an addiction treatment track to the event in 2012, enabling anyone in the helping professions gather and learn.

The conference moved to Millersville University in 2018, bringing participation in planning and a focus on scholarship and equity. The University has broad interdisciplinary support for the event from departments of nursing, chemistry, wellness & sports sciences, emergency management and others. The School of Social Work has graciously agreed to provide the CEUs for any social work participants. This collaboration is essential in order for the community to effectively address addiction disorders.

PRESENTED BY



Founded in 1855, Millersville University of Pennsylvania was established with the ideals that teacher preparation and classical learning are essential elements of public education and enlightened citizenship. One hundred and sixty years later these ideals still hold true. The University and its academic offerings have grown significantly to include 100+ undergraduate fields of study and over 50 master's and certificate programs. Today MU is considered a destination of choice not only for Pennsylvanians but for out-of-state and international students seeking a top-rated liberal arts education. Find us at www.millersville.edu.



Since 1966, Compass Mark has worked to prevent addiction through education, skill building and community mobilization. You'll find our dedicated team members equipping individuals, families and communities with protective factors. Protective factors are skills and strengths which buffer against the risk we have for diseases like addiction. Building protection in individuals and communities is the essence of our science-based approach to preventing addiction. To learn more about how we serve residents in Lancaster, Lebanon, and Chester Counties, please visit compassmark.org.



The Lancaster County Drug and Alcohol Commission has been serving the community for more than 35 years, fulfilling our mission to provide access to high quality, community-based drug and alcohol prevention/education services for all citizens and treatment services to uninsured and under-insured low-income citizens in an efficient and cost-effective manner. Major funding and planning oversight for this conference was provided by Lancaster County Drug and Alcohol Commission. Find us online at www.co.lancaster.pa.us/140/Drug-Alcohol-Commission.

2021 WORKSHOP SCHEDULE OCTOBER 20TH

WELCOME & OPENING KEYNOTE

8:30-9:45AM

“Loss & Grief: A Modern Lens for Practical Interventions”

Tami Micsky, DSW, LSW, CT

The experience of loss over the course of the life span is inevitable and presents challenges to wellness and recovery. This keynote will explore grief reactions associated with a broad spectrum of loss experiences, including COVID-19 related losses. Participants will consider modern grief theory with applications to practice with individuals, families, and groups.

NETWORKING

9:45-10:00AM

Network with our sponsors and other attendees through the Socio conference app.

BREAKOUT SESSION #1 SAP

10:00-11:00AM

“Be Here Now: Mindfulness & Co-Regulation in School Settings”

Leah Mundy-Maher, MSW, LSW

Recent data shows students are experiencing new or worsening behavioral health concerns since COVID-19's onset. Mindfulness practices can support students' emotional regulation throughout school days and significant transitional periods. This workshop will outline connections between mindfulness and regulation, and identify practices school staff and SAP teams can employ.

BREAKOUT SESSION #2: TREATMENT

10:00-11:00AM

“Families in Recovery: How Understanding the Enneagram Can Build Resilience”

Sandra Orndorff, MBA, Certified Enneagram & Embodiment Coach

Helping family members in recovery understand the dynamics of their energetic responses to themselves and their loved one in recovery. The Enneagram is a powerful personality tool that allows us to really understand why we respond to ourselves and others. Stepping first into ourselves for healing is a major component of a family system healing. The healing is vitally needed to support our loved one in long-term recovery. This is spoken so often but often no practical guidance or tools are given to family members.

This presentation will help give some practical tools to help family members understand the family dynamics. Learn how “learned” behaviors energetically are housed in the body and how to release them. Learn the three major stances in the Enneagram and how they translate to boundary work and the Karpman Drama Triangle. Leave with new insights as well as practical tools for yourself and your clients.

BREAKOUT SESSION #3: PREVENTION

10:00-11:00AM

“Building Organizational & Individual Wellness through Development of Compassion Resilience”

Dana Milakovic, PsyD

When people feel their physical, social, and emotional wellness are supported in their working environment, they have an increased capacity to build positive learning environments that support students and colleagues. Organizations can support educator wellness by building systems that address feelings of safety in adults and the climate of the organization. To address safety of adults and the climate of an organization, we recognize that staff wellness is of vital importance in being a trauma-informed system.

In this session, participants will learn the importance of organizational and individual well-being, the components of well-being and reflect on their own well-being through a lens of building compassion resilience. Specifically, we will explore the impact on the adult working to meet the needs of all of their students with varying degrees of skills, abilities, and difficulties. Compassion fatigue and compassion satisfaction will be explored. Burnout will be differentiated from secondary or vicarious trauma. This information will be used as a basis for participants to reflect on their own self-care and consider how individual well-being and organizational well-being are interconnected.

NETWORKING

11:00-11:15AM

Network with our sponsors and other attendees through the Socio conference app.

BREAKOUT SESSION #4: SAP

11:15AM-12:15PM

“Becoming Trauma Informed”

Stephen Paesani, MTS, MA

This breakout workshop is designed to provide children serving professionals with a shared base of knowledge, skills, and values needed to provide trauma-informed services to children and adolescents. The training will model some key concepts in trauma-informed practice, including providing, safety, choice, and support.

BREAKOUT SESSION #5: TREATMENT

11:15AM-12:15PM

“Shoring the Shepherd: A Practical Enhancement for Clinicians”

Joel Jakubowski, Cert-Min, MA, CRS, CIP, CAD

This program has been crafted from 15 years of formal clinical and leadership education and the learned experiences of the clinician’s role—specifically, regarding the personal effectiveness and professional best practices of that role. The training provides an analogous perspective of the clinician in the role of a “shepherd or “caregiver” providing intentional, careful guidance and direction for those in treatment and recovery. The training is designed to “shore up”; provide support to the clinician, with a blend of traditional and fresh perspectives and insights related to healthy and effective therapeutic and personal approaches from the heart and mind of a shepherd.

Joel will present concepts and perspectives of care and leadership that will strike deeply into the heart of the attendee and provide confirmation, and even some healthy challenges, to re-ignite their passion and original “call” to the field. The attendees, from clinicians to peer support and beyond, will be provided a variety of fresh insights, user-friendly concepts, and communication tools to further their engagement with their clients –as well as fellow team members and leadership. Attendees will learn to see beyond the surface of clinical/therapeutic care as this presentation will illuminate and amplify the unspoken thoughts and voices of the clinician as well as those of the client. This will enable the attendee to confidently and compassionately address self-care, teamwork, and client needs at this deeper level.

BREAKOUT SESSION #6: PREVENTION

11:15-12:15PM

“You Don’t Know Pot”

Matthew Weaver, CPS

Often times, when engaging in conversations with youth, adults can discount that individual’s perspective by rationalizing with their fully-developed adult brain. As adults, we have forgotten that we once were easily persuaded by popular misinformation, trends, and behaviors. Present-day adults didn’t even have the fire hydrant of misinformation and pressures we know as social media! To prevent youth addiction to cannabis, our reaction needs to move from the judgemental messages of “Don’t do drugs!” or “Stop it- you’re ruining your life!” to responding with education about harmful effects using facts, not scare tactics, and providing skills so youth feel empowered and capable to make healthy decisions to achieve their present and future goals.

Such facts should include how Big Cannabis is targeting youth, and how youth and adults alike have an all-time low perception of the harms cause by cannabis use, although for different reasons. Some adults may not perceive cannabis to be harmful because their perspective is that of their youthful days when THC concentration hovered around 7-10%, and are not unaware of the effects of readily-available, high-potency bud—at around 20% THC. Young people in turn have a low perception of harm due to a combination of listening to the misperceptions of older adults + the pointed messaging from Big Cannabis—the result of legalization for adult use across the country. Re-framing this messaging is key to helping youth think for themselves so they can take ownership over their decisions and put themselves in a position for success in whatever way that looks like for each individual.

CLOSING REMARKS & EVALUTATIONS

12:15AM-12:30PM

2021 WORKSHOP SCHEDULE OCTOBER 27TH

WELCOME & OPENING KEYNOTE

12:30-1:45PM

“Hold the Space: Validating the Collective Trauma Experiences of Youth and Families During COVID-19”

Leah Mundy-Maher, MSW, LWS

As youth-serving systems consider how to emerge from the collective trauma of the COVID-19 pandemic, children and adolescents will need our respect and empathy while transitioning to new routines in their academic, social, and personal lives. These shifts present challenges, as well as the opportunity to create new ways of connecting with each other. This discussion will focus on the power of holding space for young people’s emotions and behaviors across settings, addressing our own needs and experiences as we co-navigate new territory, and being intentional about the time we spend with youth to better support their strength, growth, and resilience.

NETWORKING

1:45-2:00PM

Network with our sponsors and other attendees through the Socio conference app.

BREAKOUT SESSION #1: SAP

2:00-3:00PM

“Working with Youth in a Digital World: Youth, Technology & Social Media”

Ryan Klingensmith, LPC, NCC

Professionals working with youth are invited to join Shape the Sky, an organization dedicated to Creating Responsible Kids on Smartphones. Through parent, professional, and youth trainings, combined with online resources, Shape the Sky provides the community with the tools needed to raise digitally responsible citizens. The goal of this training session is to help adults educate and provide guidance for youth to create a digitally responsible culture among today’s digital youth.

This workshop will identify categories of social networking that professionals should be aware of and looking for with youth. Depending on the current trends, the presentation may review information on accessing the Dark Web through apps and web browsers, cyber-bullying resources, “parasite” websites, and popular apps such as Snapchat, Confide, TikTok, Tor, and VSCO. Attendees will learn tips on starting conversations on digital media with youth, and steps to protect kids in the digital age.

BREAKOUT SESSION #2: TREATMENT

2:00-3:00PM

“Healer Heal Thyself: Burnout Prevention for the Helping Professional”

Kimberly Ernest, PhD, LPC

The novel corona virus pandemic created a number of challenges within the direct services field, which has resulted in a higher client acuity, increased scarcity of resources, and reduction in normative self-care strategies. The result, has been an entire field of direct care professionals and support professionals who are experiencing increased levels of stress, burnout, and ultimately choose to opt out of the field. This training will provide a theoretical introduction of various forms of stress, impact of stress, and ultimately review strategies that reduce the long-term negative impact of stress on the professional.

BREAKOUT SESSION #3: PREVENTION

2:00-3:00PM

“SPF: Applying the Strategic Prevention Framework in a World Re-framed”

Stephen Paseani, MTS, MA

This workshop will provide a basic explanation of the key elements of SAMHSA’s “Strategic Prevention Framework” (SPF). Designed to help communities promote healthy lifestyles by addressing substance use and other issues, the SPF is a framework to assist communities in achieving greater wellness across the lifespan. The five key steps of the SPF—assessment, capacity, planning, implementation, and evaluation—as well as the overarching themes of sustainability and cultural competence, will be explored. By the end of the workshop, participants will have a basic understanding of this integrated and comprehensive approach to an effective prevention approach.

NETWORKING

3:00-3:15PM

Network with our sponsors and other attendees through the Socio conference app.

BREAKOUT SESSION #4: SAP

3:15-4:15PM

“Understanding Behavior & Applying Responsive Techniques”

Lauren Krebs, BA, MA

Interacting with children and teens is not always an easy task. Understanding the reasons behind common challenging behaviors can be instrumental in adapting and responding constructively. This presentation will explore various theories and strategies to help better understand problematic behavior.

BREAKOUT SESSION #5: TREATMENT

3:15-4:15PM

“Digital Dilemmas: Ethical Considerations in Telehealth & Substance Use Disorders”

Marcelle Giovannetti, MS, NCC, CADC, LPC, ACS, CCTP-II, EMDR

The recent pandemic has highlighted our reliance on telehealth and telemedicine which spans a continuum of technologies that offer new ways to deliver care. Clinicians need to provide competent care, respect patient privacy and confidentiality, and take steps to ensure ethical considerations associated with telemedicine particularly when treating substance use disorders. This presentation will address the barriers and benefits of using telemedicine to treat substances use disorders.

BREAKOUT SESSION #6: PREVENTION

3:15-4:15PM

“Loot Boxes & Gambling: Where We Are, and What’s Next”

Josh Mountz, MEd

This presentation will look at Loot boxes and show their connections to gambling. Looking at recent studies we will see the reasons why young people purchase loot boxes and how that impacts their future risk for problematic gambling behaviors. We will also look at the current regulations or lack thereof. We will also look at trends and try to identify where the world of loot boxes could go in the future.

CLOSING REMARKS & EVALUATIONS

4:15-4:30PM

2021 WORKSHOP SCHEDULE

OCTOBER 20TH

TIME	SESSION
8:30-9:45AM	WELCOME & OPENING KEYNOTE: “Loss & Grief: A Modern Lens for Practical Interventions” <i>Tami Micsky, DSW, LSW, CT</i>
9:45-10:00AM	Networking
10:00-11:00AM	SAP #1: “Be Here Now: Mindfulness & Co-Regulation in School Settings” <i>Leah Mundy-Maher, MSW, LSW</i>
	TREATMENT #2: “Families in Recovery: How Understanding the Enneagram Can Build Resilience” <i>Sandra Orndorff, MBA, Certified Enneagram & Embodiment Coach</i>
	PREVENTION #3: “Building Organizational & Individual Wellness through Development of Compassion Resilience” <i>Dana Milakovic, PsyD</i>
11:00-11:15AM	Networking
11:15AM-12:15PM	SAP #4: “Becoming Trauma Informed” <i>Stephen Paesani, MTS, MA</i>
	TREATMENT #5: “Shoring the Shepherd: A Practical Enhancement for Clinicians” <i>Joel Jakubowski, Cert-Min, MA, CRS, CIP, CADC</i>
	PREVENTION #6: “You Don’t Know Pot” <i>Matthew Weaver, CPS</i>
12:15-12:30PM	Closing Remarks & Evaluations

2021 WORKSHOP SCHEDULE

OCTOBER 27TH

TIME	SESSION
12:00-1:45PM	WELCOME & OPENING KEYNOTE: “Hold the Space: Validating the Collective Trauma Experiences of Youth and Families During COVID-19” <i>Leah Mundy-Maher, MSW, LWS</i>
1:45-2:00PM	Networking
2:00-3:00PM	SAP #1: “Working with Youth in a Digital World: Youth, Technology & Social Media” <i>Ryan Klingensmith, LPC, NCC</i>
	TREATMENT #2: “Healer Heal Thyself: Burnout Prevention for the Helping Professional” <i>Kimberly Ernest, PhD, LPC</i>
	PREVENTION #3: “SPF: Applying the Strategic Prevention Framework in a World Reframed” <i>Stephen Paseani, MTS, MA</i>
3:00-3:15PM	Networking
3:15-4:15PM	SAP #4: “Understanding Behavior & Applying Responsive Techniques” <i>Lauren Krebs, BA, MA</i>
	TREATMENT #5: “Digital Dilemmas: Ethical Considerations in Telehealth & Substance Use Disorders” <i>Marcelle Giovannetti, MS, NCC, CADC, LPC, ACS, CCTP-II, EMDR</i>
	PREVENTION #6: “Loot Boxes & Gambling: Where We Are, and What’s Next” <i>Josh Mountz, MEd</i>
4:15-4:30PM	Closing Remarks & Evaluations

2021 CONFERENCE REGISTRATION

CONFERENCE RATES

1 day: \$25

2 days: \$40

CONTINUING EDUCATION CREDITS

3.25 credit hours available each day, including PCB, Act 48, and social work credits. 6 credit hours for the full conference. To receive CEUs or a general attendance certificate, you must register, attend the full sessions, and complete a session evaluation form.

Register online by visiting our website compassmark.org.

Register by October 6, 2021 to ensure delivery of your Conference Care Package before the event. Deadline to register for the event is October 15, 2021 at 5:00pm.

*Questions? Contact Conference Co-Chairs, Deborah McCoy at dmccoy@compassmark.org
OR Bertha Saldana DeJesus, DSW, MSW at Bertha.DeJesus@millersville.edu*